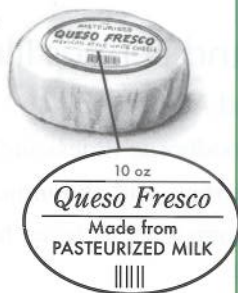


# Protect Your Family with Wise Food Choices

Most milk and milk products sold commercially in the United States contain pasteurized milk or cream, or the products have been produced in a manner that kills any dangerous bacteria that may be present. But unpasteurized milk and products made from unpasteurized milk are sold and may be harmful to your health. To avoid getting sick from the dangerous bacteria found in raw milk, you should choose your milk and milk products carefully. Consider these guidelines:

## Okay to Eat

- **Pasteurized** milk or cream
- Hard cheeses such as cheddar, and extra hard grating cheeses such as Parmesan
- Soft cheeses, such as Brie, Camembert, blue-veined cheeses, and Mexican-style soft cheeses such as Queso Fresco, Panela, Asadero, and Queso Blanco made from **pasteurized** milk
- Processed cheeses
- Cream, cottage, and Ricotta cheese made from **pasteurized** milk
- Yogurt made from **pasteurized** milk
- Pudding made from **pasteurized** milk
- Ice cream or frozen yogurt made from **pasteurized** milk



## Unsafe to Eat

- Unpasteurized milk or cream
- Soft cheeses, such as Brie and Camembert, and Mexican-style soft cheeses such as Queso Fresco, Panela, Asadero, and Queso Blanco made from unpasteurized milk
- Yogurt made from unpasteurized milk
- Pudding made from unpasteurized milk
- Ice cream or frozen yogurt made from unpasteurized milk

## When in Doubt — Ask!

Taking a few moments to make sure milk is pasteurized — or that a product isn't *made* from raw milk — can protect you or your loved ones from serious illness.

- **Read the label.** Safe milk will have the word “pasteurized” on the label. If the word “pasteurized” does not appear on a product's label, it may contain raw milk.
- Don't hesitate to **ask your grocer or store clerk** whether milk or cream has been pasteurized, especially milk or milk products sold in refrigerated cases at grocery or health food stores.
- Don't buy milk or milk products at farm stands or farmers' markets **unless you can confirm** that it has been pasteurized.

## Is Your Homemade Ice Cream Safe?

Each year, homemade ice cream causes serious outbreaks of infection from *Salmonella*. The ingredient responsible? Raw or undercooked eggs. If you choose to make ice cream at home, use a pasteurized egg product, egg substitute, or pasteurized shell eggs in place of the raw eggs in your favorite recipe. There are also numerous egg-free ice cream recipes available.

*Everyone can practice safe food handling by following these four simple steps:*



Safety ■ Health ■ Science ■ Nutrition

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